

That Man EZ

拍數: 48 牆數: 4 級數: Beginner
編舞者: Lisa McCammon (USA) - May 2013
音樂: That Man - Caro Emerald : (Deleted Scenes From The Cutting Room Floor)



32 count intro, begin on lyrics; start weight on L. - No Tags or Restarts.

Steps: heel bounces; reverse rocking chair; coaster with a kick; toe fan; side, kicks; jazz box with a ¼ turn R; heel/toe swivels with both feet R and L; flick; optional arm styling.

This dance is meant to be a floor split for That Man by Ria Vos.

As a beginner level dance it has repeated or mirrored steps in each set, only one ¼ turn, and is all straight counts.

[1-8] FORWARD, CLOSE, BOUNCE, BOUNCE, BACK, CLOSE, BOUNCE, BOUNCE

1-4 Step forward R, step L next to R; bounce lightly on balls of feet 2X ending with weight on L
5-8 Step back R, step L next to R; bounce lightly on balls of feet 2X ending with weight on L

[9-16] BACK ROCK, RECOVER, FORWARD ROCK, RECOVER, BACK, CLOSE, FWD, KICK

1-4 Rock back onto R, recover weight L, rock forward onto R, recover weight L (back rocking chair)
5-8 Step back R, step L next to R, step forward R (slow coaster), kick L forward

[17-24] WALK BACK L, R, L, PLACE R NEXT TO L (NO WT), FAN R TOES OUT, IN, OUT, IN

1-4 Step back L, step back R, step back L, place R next to L but keep weight L
5-8 Keeping R heel on floor, fan R toes out, in, out, in (wt stays L)

[25-32] SIDE, KICK, SIDE, KICK, CROSS, BACK, SIDE ¼ R, CLOSE

1-4 Step R to side, kick L slightly across R; step L to side, kick R slightly across L
5-8 Cross R over L, step back L, turn ¼ R [3] stepping side R, step L next to R (wt even on balls)

[33-40] R SWIVEL HEELS, TOES, HEELS, HOLD, L SWIVEL HEELS, TOES, HEELS, HOLD

1 (feet are together with wt on balls of feet) Turn both heels to right
2 Putting wt on heels, turn both toes to right
3 Putting wt on balls of feet, turn both heels to right
4 HOLD (clap optional)
5 Putting wt on balls of feet, turn both heels to left
6 Putting wt on heels, turn both toes to left
7 Putting wt on toes, turn both heels to left
8 HOLD (clap optional); transfer wt to L

[41-48] STEP, KICK, STEP, TOUCH, STEP, HOLD, STEP, FLICK

1-4 Step forward R, kick or touch L forward, step back L, touch R back
5 Stomp R to side, (option: place R arm down at side, palms facing floor, fingers pointed out)
6 HOLD
7 Stomp L next to R (option: place L arm down at side, hand same as R)
8 Flick R foot to right side or back (option: flick arms up keeping elbows at waist)

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